

# 10 steps

to take before baby takes his or her first

sleep in safety,  
grow in style

CJ FOUNDATION  
for SIDS™

**1** Always lay your baby to sleep face up in an approved crib, on a firm-fitting mattress. Side and tummy positions are not safe for sleeping; check with your doctor if your baby has breathing problems.

**2** Remove all loose bedding, stuffed animals, bumpers and pillows from crib. Crib bumpers are not recommended and can be hazardous. Consider using a wearable blanket or sleepsack instead of using a blanket.

**3** Control room temperature and don't let your baby get too hot. Overheating is a leading risk factor for SIDS. Room temperature should be comfortable for a lightly-clothed adult, approximately 61–67 degrees Fahrenheit. If your baby is sweating, has damp hair, or a heat rash, he or she may be too hot.

**4** Consider using a fan to increase air circulation in baby's room. Room fans have been shown to reduce the risk of SIDS.

**5** Don't share sleep surfaces: co-sleep in the same room, but not the same bed or other surface, as your baby. Adult beds, couches, chairs, pillows, sheepskin, foam pads, and waterbeds are never safe for infant sleep and increase the risk of SIDS, suffocation and accidental infant death.

**6** Offer your baby a pacifier at all sleep times. Pacifiers have been shown to reduce the risk of SIDS.

**7** Don't smoke while pregnant and never allow smoke near your infant. While pregnant or considering pregnancy, do not smoke. Never let others smoke near your baby. Smoking is a major risk factor for SIDS.

**8** If possible, breastfeed your baby. Breastfeeding has been shown to reduce the risk of SIDS.

**9** Put your baby on his or her tummy to play when your baby is awake and supervised. Make sure someone is always watching. "Tummy Time" is good for your baby because it makes neck and shoulder muscles stronger.

**10** Create a healthy lifestyle for you and your baby. When pregnant, see your doctor often and do not use drugs or alcohol. Talk with your doctor about changes in your baby and how your baby acts.

Share these tips with everyone who cares for your baby. Education is the key to keeping your baby safe.

The CJ Foundation for SIDS is dedicated to reducing the number of infants who die while sleeping every year. Through SIDS risk-reduction education and educating parents and infant caregivers on how to provide a safe sleeping environment for their baby, *SLEEP IN SAFETY, GROW IN STYLE* will show parents how to design their nursery for safety and style.